



South Melbourne

CHRISTMAS HOURS & CLASSES



Please see below for club hours and classes for the period
17th December 2018 – 7th January 2019

DATE	CLUB STAFFED HOURS	CLASSES
Monday 17th Dec	6.00am – 8.00pm Crèche Hours : 8.30am – 12pm	6.30am FIT45 – Mary 6.15am Spin - Tony 9.30am Pump – Kylie 9.30am Reformer - Murilo 9.30am Spin – David S 10.30am Yin Yoga - Nathan 5.30pm Step – Arena 5.30pm Mat Pilates – Jo A 5:45pm Spin – Melisa 6.30pm Reformer - Mary 6.30pm Pump – Kable 6.30pm Yoga – Ben S
Tuesday 18th Dec	6.00am – 8.00pm Crèche Hours : 8.45am – 12pm	6.15am Spin - Manuel 6.30am Pump - Bridget 9.30am FIT45 – Spencer 9.30am BarreFit – Mary 10.30am Mat Pilates – Mary 5.45pm Reformer - Jo A 5.30pm Stack It – Spencer 6.15pm Spin – Tim 6.15pm Boxing – Spencer 6.30pm Yoga – Ben S 7.00pm Pump – Bridget
Wednesday 19th Dec	6.00am – 8.00pm Crèche Hours : 8.30am – 12pm	6.30am Spin – Tony 9.30am Zumba – Laura H 9.30am Spin – Melisa 9.45am Reformer Challenge – Mary 5.30pm Pump – Tim P 5.45pm Spin – Bridget 6.00pm Reformer – Jo A 6.45pm FIT45 – Spencer
Thursday 20th Dec	6.00am – 8.00pm Crèche Hours : 8.45am – 12pm	7.05am T25 - Bridget 9.30am Pump – Bridget 9.30am FIT Circuit – Spencer 9.30am Reformer – Lauren 10.30am Mat Pilates – Mary 5.30pm Step – Bridget 5.30pm Mat Pilates – Jo A 6.30pm Pump - Bridget 6.30pm Yoga – Yvonne
Friday 21st Dec	6am – 4pm Crèche Hours : 8.45am 12noon	6.30am Pump – Tomas 9.00am Spin 30 – Kirsty 9.30am FitCIRCUIT - Spencer 9.30am Yoga – Melissa P 10.30am Reformer – Mary
Saturday 22nd Dec	8am – 12 noon Crèche Closed	8.15am FIT55 – Iggy 8.15am Spin - Bridget 8.30am Reformer – Murilo 9.15am Xmas Special PUMP/HIIT – Bridget 9.30am Reformer – Murilo 10.00am Yoga - Nathan 11.15pm Zumba – Laura

Sunday 23rd Dec	8.00am – 12 noon Crèche Closed	9am Pump – Claire 9.45am Reformer – Murilo 10.00am Yoga - Nathan
Monday 24th Dec – Xmas Eve	UNSTAFFED *24 hour access tags only Crèche Closed	
Tuesday 25th Dec – Xmas Day		
Wednesday 26th Dec - Boxing Day		

Thursday 27th Dec	8am – 12 noon Crèche Closed	9.30am Pump – Bridget 9.30am FIT Circuit - Spencer 10.30am Mat Pilates - Murilo
Friday 28th Dec	8am – 12 noon Crèche Closed	9.00am Spin 30 - Kirsty 9.30am Yoga – Beatriz
Saturday 29th Dec	8am – 12 noon Crèche Closed	8.15am Spin - Bridget 9.15am Pump – Bridget 10.00am Yoga - Beatriz
Sunday 30th Dec	8am – 12 noon Crèche Closed	9am Pump – Claire 9.45am Reformer – Murilo 10.00am Yoga - Grace E
Monday 31st Dec New Years Day	UNSTAFFED *24 hour access tags only Crèche Closed	
Tuesday 1st Jan - New Years Day		
Wednesday 2nd Jan	6am – 8.00pm Crèche Closed	6.30am Spin – Tony 9.30am Zumba – Laura H 9.30am Spin – Melisa 5.30pm Pump – Tim P 5.45pm Spin – Bridget 6.00pm Reformer – Jo A 6.45pm FIT45 – Spencer
Thursday 3rd Jan	6am – 8.00pm Crèche Closed	7.05am T25 - Bridget 9.30am Pump – Bridget 9.30am FIT Circuit – Spencer 10.30am Mat Pilates – Murilo 5.30pm Step – Bridget 6.30pm Pump – Bridget
Friday 4th Jan	6am – 1.00pm Crèche Closed	6.30am Pump – Tomas 9.00am Spin 30 – Kirsty 9.30am FitCIRCUIT - Spencer 9.30am Yoga – Melissa P 10.30am Reformer – Lauren
Saturday 5th Jan	8.00am – 12 noon Crèche Closed	8.15am FIT55 – Iggy 8.15am Spin - Bridget 9.15am Pump – Bridget 8.30am Reformer – Jo A 9.45am Reformer – Jo A 10.00am Yoga – Nathan 11.15am Zumba – Laura
Sunday 6th Jan	8.00am – 12 noon Crèche Closed	9am Pump – Claire 9.45am Reformer – Jo A 10.00am Yoga - Nathan

**Normal club hours and classes commence
MONDAY 7th JANUARY 2019.**

The Crèche re-opens on MONDAY 7th JANUARY 2019